

HONEY

Best sweetener

Energetics

Taste - Sweet, Potency - Hot, Post digestive taste - sweet.

Decreases Vata and Kapha and increases Pitta VK - P+

Action

Demulcent, emollient, expectorant, nutritive, tonic, rejuvenates, astringent and antibiotic.

Indications

Honey has got a lot of good properties. Apart from the general properties of honey, some of the properties of the flower from where the honey is taken also becomes part of its property. For example, sage honey is collected by the bee from the sage flower and is good for nourishing nerves, improving immune system, expelling phlegm, reducing fat and healing external wounds, burns and sores. It enhances Ojas and improves senses. It is good for eyes. It is a vehicle to bring herbs to the deepest tissue layers. It relieves kapha and hiccups. It can also be used in case of diabetes in small doses. It is further used to cure skin problems, fungal infections, difficulty in breathing, cough and diarrhoea. It aggravates Vayu. It is not advisable for pitta if taken in hot seasons. It becomes toxic, if cooked or mixed with hot water or taken with hot food.